The Mousehold.

either to Dr. T. H. HOSKINS, Newport, Vt., rectly to THE WATCHMAN PUBLISHING COMPANY

The True Home Life.

What is the central point of the true bome life? Is not this the question which we should each, as home-builders, ask ourselves? What are the things of ing in their appointed time, which are not only not necessary, but are harmful to the true home life? It may be that the only reason for doing certain things is because the preceding generation has done the same things, and that, too, in very mechanical ways. A mother holds her first child while it sleeps upon her lap; it becomes accustomed to it. When she grows stronger she must lay it down to do necessary work. It frets and cries and refuses to take its naps. The mother is worn out in her efforts to do the work and quiet the cries, so she carries the child about in her arms. It is slow to walk. She becomes nervous and irritable, toward her baby, even. Her second child is cross and restless. She bears and rears several children. All through these years the mistake pursues and wears her out. The children are not taught to depend upon themselves and be helpful. This mother does non-essenthings and leaves the essential undone. Her mental growth stopped long ago. Alas for the time when the little children find that mother can not help them in their studies, and alas for the mother who has let the knowledge of her girlhood slip from her, and has not added to it both for herself and family! What is more beautiful to see than great sons and daughters asking mother's opinion of some point which they are in doubt about, and which they bring to her to have settled before they return to school? To have them hasten eagerly to tell her upon their return that their work was right? Sometimes it is through suffering only that a woman learns that there are many things which need not to be done. It is often in these times of forced quiet that she sees most clearly that real living is not a part of her home life. After her experience is gained and she has but little strength, she can then think what she should do with the strength which still is left her. Temporal wants and pleasures must be considered, and indeed planned for, but there are many things done in the way of cooking food unwholesome through its richness, which should be rarely if at all. Sacrifices which take away rest and sleep to keep up pride in dress or some adornment should never be made. Let children be taught that they may have fussy clothes when they can make, iron and keep them in order. In a home where the work is done by the mother and daughters, this plan is pursued. She found that when her daughters were old enough to iron much-ruffled white dresses they preferred plain ones. Nothing can take the place of neatness and order. These depend much upon good management, for one can always be cleaning, yet never clean, always arranging, yet never in order. Sometimes one's own spirit is restless, which is the secret cause of the lack in the divine part of a true home life.-P. A. Hardy, in Good Housekeeping.

What to Eat.

nance, says that if a person uses up his kinds of dyspeptic headaches are albrain faster than he makes it, he soon most invariably relieved by it. But i becomes nervous and irritable. If he must be understood that the remedy idoes not assimilate enough food to supply its demands his mind is sure to become weak. The healthiest and strongest individuals, even, should eat a far sedative effect upon the superficial greater proportion of meat than of vegetable food. Beef should be taken plied.—Good Housekeeping. as the standard meat. It answers every purpose of the system. Veal and pork are not so easily digested. Pork, so far as its composition goes, is an excellent food for nervous persons, but it is not readily digested. Yet, in the army, we used to think nothing better for the wounded men than bacon. As a rule, salt meat is not adapted to the requirements of the nervous individual, as nutritious juices to a great extent go into the brine. The flesh of the wild birds is more tender and more readily digested than that of domestic ones. This is accounted for by the greater amount of exercise they take, thereby renewing their flesh more rapidly and making it younger than the birds which lead a more quiet life. This is a suggestion that might be of benefit to women of sedentary habits, who are desirous of prolonging an appearance of Fish of all kinds is good food for the nervously inclined. Raw eggs, contrary to the general opinion, are not as digestible as those that have been cooked. A notion has been prevalent that many persons injure their digestion by eating too much. The fact is "I that most people don't eat enough. the There are more people killed every year by insufficiency of nourishment than by overloading their stomachs. Many of those who do eat a sufficient quantity are prevented by disease from digesting enough for the economy of their systems. The very first thing for any one to do who has exhausted himself by mental work, or who has been born weak and irritable, is to furnish his brain with sufficient nonvishment either to repair the damage it has sustained, or to build it into a strong, healthy condition. People in this condition usually suffer from nervous dyspepsia. Their stomachs are unable to perform the labor of assimilation. Owing to the deficient nerve power of the individual, the food lies in the stomach unacted upon by the gastric juice, because there is none, or the quantity is insufficient to have any Food, instead of helping to renew the body, and the nervous system with the rest, undergoes fermenta-tion, and the body and brain it should nourish may starve. The person is in a worse state than if the food had not been taken, for the fermentation generates acids and gas. Nervous individusls may derive all the fat they need from sugar and starch. It is better, however, for those with weak digestive organs, or whose nerves are in a highly sensitive state, to get it from the animal kingdom than compel their in-testines and pancreas to create it out of tis day. —Time.

these articles. Good bread, sweet butter and meat are the best foods for the nerves .- St. Louis Globe-Democrat.

Cottage Homes.

With small houses, all attempts at decoration should be confined to usefal articles, as large rooms are imperative if one desires to produce groups and effects by the use of bric-a-brac. First of all, choose good lasting colors for wall surface; let the floor treatment all that we do, daily, weekly, or return- follow the same scale of color but in deeper tone; choose all furniture with a view to comfort and durability; chairs of bent wood, rattan or plain wood, can be chosen of good form, and then brightened by cushions of chintz, silk or plush. Any article which is thoroughly comfortable will look pretty if it can be placed with other comfortable articles. Home-keeper and not housekeeper is the desirable point to gain. Do not shut out the sunshine; that is not necessary, for our American home decorations are better suited to bright lights than foreign goods of dull tone, which are made in places where the sun is not allowed to penetrate. If the interior finish is of wood in natural color, pretty ornamentation can be secured for doors by using the upper panels for designs in birds and flowers, fruit or grasses. Young women who find it hard to sell the pretty trifles they delight to paint could be profitably employed in work of this kind. pretty design for the dining-room would be found in bunches of German millet, arranged to start up in a natural form from the casing or base or panel; ears of corn with the busks turned back, branches from the apple, cherry or plum tree, bearing fruit or flowers; hop vines, grape or gourd, would be picturesque and odd. For other rooms, the graceful wisteria drooping in a wealth of bloom, just supported by a stem with leaves, a tangle of morning-glory vines with flowers peeping out from the leafy screen, tropical plants, a bit of gray moss, cotton-balls, ferns, mountain-climbers, and an endless variety of such designs. The effect is line, the work not hard, and the results admirable. For holding draperles back from the window, a very odd fancy has been revived of small round knobs of porcelain, bordered by a plain narrow rim of brass. The porcelain bears upon its surface ideal heads, painted in warm, soft coloring. These antique fancies are being revived and add greatly to the effect where short draperies are used, either for the window, or for study shelves, for a home-made sideboard, or any place where curtains must be drawn aside at times. Table covers for all rooms should be neutral in color.—American Art Magazine..

Headache Relief.

The editor of a medical journal claims that he has used a certain treatment for headache for a year or so with re-markable success. It is a solution of the bisulphide of carbon, two or three drams of which are poured on a sponge placed in a wide mouthed, glass-stoppered bottle. When occasion for its use occurs, the mouth of the bottle is to be applied to the temple, or as near as possible to the seat of pain, so closely that none of the volatile vapor may escape, and retained there four or five minutes or longer. It may be reapplied several times during the day, and it generally acts like magic, giving immediate relief. Nervous headaches are A physician, writing on the food necessary to give strength and sustenged and hysterical headaches and even many for the symptoms and not the cause the theory being that the vapor being absorbed through the skin produces a sedative effect upon the superficial

Ice in a Hurry.

Take a tall cylindrical jar-which of necessity must be earthenware. Pour into it an ounce and three-quarters of water and three and one-third ounces of the sulphuric acid of commerce. Then add one ounce of sulphate of soda in powder. In the center of this mixture stand a small earthenware vessel, and let it contain the water which it is desired to freeze into ice. Cover the middle vessel, and then, if possible, rerevolve the whole afair by a gentle motion. In a few minutes the inner vessel will contain a block of solid ice, whilst the outer ingredients can be used a second or even a third time to produce further blocks of ice by pouring more fresh water into the inner re-ceptacle. Work in a cool place. If greater bulk of ice is wanted increase the mixture in same proportion .- Con-

THE VERDICT UNANIMOUS,-W. D. Sult, druggist, Bippus, Ind., testifies: "I can recommend Electric Bitters as very best remedy. Every bottle sold has given relief in every case. One man took six bottles and was cured of rheumatism of ten years' standing." Abraham Hare, druggist, Bellville, Ohio, affirms: "The bestselling medicine I have ever handled in my twenty years' experience is Electric Bitters." Thousands of others have added their testimony, so that the verdict is unanimous that Electric Bitters do cure all disease of the liver, kidneys or blood. Only a half-dollar a bottle at any drug-store.

A MAN while eating lettuce in a Boston restaurant came upon a piece of gravel so suddenly that it snapped a tooth off. He sued the proprietor of the restaurant for \$500 damages. The judge gave the case to the jury. The latter found out what an entire set of new false teeth would cost and made that the figures of their award.

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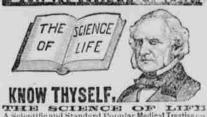
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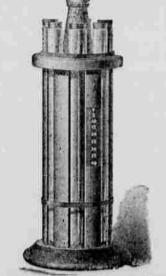
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This new machine is meeting with great favor. It is the invention of a dulryman who desired some simple means of selecting his best cows, with a view to weeding out the animals that did not pay a profit. It has given excellent satisfaction. The milk is placed in glass those set marked that the percentage of cream can be easily detected. If desired, the



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Selected Storn.

Tommy Brown---Is He in Your School?

"What is your name?" asked the

teacher. "Tommy Brown, ma'am," answered the boy.

He was a pathetic little figure, with a thin face, large, hollow eyes and pale cheeks that plainly told of insufficient food. He wore a suit of clothes evidently made for some one else. They were patched in places with cloth of different colors. His shoes were old, his hair cut square in the neck in the unpracticed manner that women some-times cut boys' bair. It was a bitter day, yet he wore no overcoat, and his bare hands were red with the cold.

"How old are you, Tommy?"
"Nine years old, come next April.
I've learnt to read at home, and I can

cipher a little."
"Well, it is time for you to begin school. fore?" Why have you never come be-

The boy fumbled with a cap in his hands, and did not reply at once. It was a ragged cap with frayed edges, and the original color of the fabric no man could tell.

Presently he said, "I never went to school 'cause — 'cause — well, mother takes in washin', an' she couldn't spare me. But Sissy is big enough now to help, an' she minds the baby besides." It was not quite time for school to

begin. All around the teacher and the new scholar stood the boys that be-longed in the room. While he was making his confused explanation some of the boys laughed, and one of them called out "Say, Tommy, where are your cuffs and collar?" And another said "You must sleep in the rag-bag at night by the looks of your clothes." Before the teacher could quiet them, another boy had volunteered the information that the father of the boy was "old Si Brown, and he was always drunk as a fiddler."

The poor child looked at his torment-

ers like a hunted thing. Then, before the teacher, could detain him, with a suppressed cry of misery he ran out of the room out of the building, down the street, and was seen no more.

The teacher went to her duties with troubled heart. All day long the child's pitiful face haunted her. At night it came to her dreams. She could not rid herself of the memory of it. After a little trouble she found the place where he lived, and two of the word and bodies are bruised with unkind-women's Christian Temperance Union ness. And yet "the liquor traffic is a women went to visit him.

It was a dilapidated house in a street near the river. The family lived in the back part of the house, in a frame addi-The ladies climbed the outside stairs that led up to the room occupied by the Brown family. When they first stone were hanged about his neck, and entered they could scarcely discern obtained that he were drowned in the denths of jects, the room was so filled with the the sea .- Common School Education. steam of the soapsuds. There were two windows, but a tall brick building adjacent shut out the light. It was a clouds that forbade even the memory of sunshine.

A woman stood before a washtub. When they entered she wiped her hands on her apron and came forward to meet them.

and haggardness of expression.

dark corner of the room, carrying a surfaces baby, that she laid in its mother's lap, a We wi same hollow eyes that little Tommy

had.
"Your baby doesn't look strong,"
said one of the ladies.

" No, ma'am, she ain't very well. have to work hard, and I expect it affects her,' and the woman coughed, as she held the child to her breast. This room was the place where this

family ate, slept and lived. There was no carpet on the floor; an old table, three or four chairs, a broken stove, a bed in one corner, in an opposite corner a trundle-bed-that was all.

"Where is your little boy Tommy?" asked one of the visitors.

"He is there in the trundle-bed," replied the mother. Is he sick?"

"Yes'm, and the doctor thinks he ain't going to get well." At this the mother laid her head on the baby's face, while the tears ran down her thin and faded cheeks.

"What is the matter with him?" "He was never very strong, and he's had to work too hard, carrying water and helping me lift the washtubs, and things like that."

" Is his father dead?" "No, he ain't dead. He used to be a good workman, and we had a comfortable home. But all he earns now, and that ain't much, goes for drink. If he'd only let me have what little I make over the washtub. But half the

She took the child off her shoulder, It was asleep now, and she laid it across

time he takes that away from me, and

then the children go hungry."

"Tommy has been crazy to go to school. I never could spare him till this winter. He thought if he could get a little education, he'd be able to help take care of Sissy and baby and He knew he'd never be able to work hard. So I fixed up his clothes as well as I could, and last week he started. I was afraid the boys would laugh at him, but he thought he could stand it if they did. I stood in the door and watched him going. I can't ever forget how the little fellow looked," she continued, the tears streaming down her face. "His patched-up clothes, his old shoes, his ragged cap, his poor little anxious look. He turned round to me as he left the yard, and said "Dont you worry, mother, I ain't going to mind what the boys say." But he did mind. It wasn't an hour till he was back again. I believe the child's was back again. I believe the chird's heart was just broke. I thought mine was broke years ago. If it was, it was broke over again that day. I can stand almost anything myself, but O I can't bear to see my children suffer." Here she broke down in a fit of convulsive weeping. The little girl came up to E. C. Hoyt, Pension and Claim Agent.

her quietly and stole a thin little arm round her mother's neck. "Don't cry, mother," she whispered, "don't cry." The woman made an effort to check

her tears, and she wiped her eyes. As soon as she could speak with any degree of calmness, she continued:

Poor little Tommy cried all day; I couldn't comfort him. He said it wasn't any use trying to do anything. Folks would only laugh at him for being a drunkard's little boy. I tried to comfort him before my husband came home. I told him his father would be mad if he saw him crying. But it wasn't any use. Scemed like he couldn't stop. His father came and saw him, He wouldn't have done it if he hadn't been drinking. He ain't a bad man when he is sober. I hate to tell it, but he whipped Tommy, and the child fell and struck his head. I suppose he'd 'a' been sick, any way. But O, my poor little boy! My sick, suffering child!" she cried. "How can they let me sell a thing that makes the innocent suf-

A little voice spoke from the bed. One of the ladies went to him. There he lay, poor, little, defenseless victim. He lived in a Christian land, in a country that takes great care to pass laws to protect sheep, and diligently legis-lates over its game. Would that the children were as precious as brutes and

His face was flushed, and the hol-lowed eyes were bright. There was a long, purple mark on his temple. He put up one little wasted hand to cover it, while he said, "Father wouldn't have done it if he hadn't been drinking." Then, in his queer, piping voice, weak with sickness, he half whispered, "I'm glad I'm going to die. I'm too weak ever to help mother, anyhow. Up in heaven the angels ain't goin to call me a drunkard's child, and make fun of my clothes. And maybe if I'm right there where God is, I can keep remind-ing him of mother, and he'll make it easier for her.'

He turned his head feebly on his pillow, and then said, in a lower tone, "Some day—they ain't going—to let the saloons—keep open. But I'm afraid—poor father—will be dead—be-fore then." Then he shut his eyes from weariness.

The next morning the sun shone in on the dead face of little Tommy.

He is only one of many. There are hundreds like him in tenement houses, slums and allies in town and country. Poor little martyrs, whose tears fall almost unheeded, who are cold and hungry in this Christian land, whose hearts legitimate business and must not be interfered with," so it is said.

Over eighteen hundred years ago, it was also said, "Whoso shall offend one of these little ones, which believe in me, it were better for him that a millthat he were drowned in the depths of

Deafness Can't be Cured gloomy day, too, with gray, lowering by local applications, as they can not reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucus lining of the eusta-Once she had been pretty, but the damed you have a rumbling sound or color and light had all gone out of her imperfect hearing, and wen it is enface, leaving only sharpened outlines tirely closed deafness is the result, and unless the inflammation can be She asked them to sit down, in a list- taken out and this tube restored to its less, uninterested manner; then taking normal condition, hearing will be de-a chair herself, she said "Sissy, give stroyed forever. Nine cases out of ten are caused by catarrh, which is nothing A little girl came forward from a but an inflamed condition of the mucus

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Leave Wells River at 7:05 A. M., 3-45
P. M., arrive at Montpeller at 8:20 A. M., 3-45
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Trains Going North and West: 2:50 A. M. EXPRESS, for Montreal, Ogdens 2130 A M EXPERSS for Montreat ogdensburg and the West.
6:25 A M ACCOMMODATION to St. Abans, Burfungton and Rutland.
9:45 A M FASSENGER, for Burlington, St. Abans, Inchford, Enjage's Point and St. Johns.
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